

# **NUTRITION AND PHYSICAL ACTIVITY TO PREVENT OBESITY PROGRAM**

Arizona Department of Health Services

## ***Special Needs Workgroup Summary***

*May 20, 2004*

### **Welcome by ADHS**

The purpose of this first workgroup meeting was to start vision and strategy development for the comprehensive state plan to reduce obesity and chronic disease through physical activity and nutrition interventions. The groups will meet once a month for 3 hours at ADHS through August (possibly September). A draft of the plan will be completed by September 2004 with community forums following for a completion of the plan by January 2005. We plan a kick-off of the plan in February.

All workgroups received background reading for this meeting as well as additional reading in their perspective areas for the next meeting. *If you did not attend the first meeting, you can get the materials at the meeting session.*

Each workgroup has a program staff liaison. The liaison will be the contact for each of their groups regarding questions or concerns and will be leading the group along with our facilitator. Liaisons for workgroups are listed below:

Emily Augustine, CHES - Physical Environmental, Worksite, Special Needs

Lisa DeMarie, MA - Elementary School, Junior/Senior High School, Family

Renae Cunnie, Ph.D. – Healthcare, Community

### **PROGRAM VISION:**

To be recognized as the leader in obesity prevention in Arizona, resulting in optimal health for our citizens.

### **PROGRAM MISSION:**

To improve the health and quality of life of Arizona residents by reducing the incidence and severity of chronic disease and obesity through physical activity and nutrition interventions.

### **PROGRAM GOALS:**

1. To promote and enable the citizens of Arizona to eat smart.
2. To promote and enable active lifestyles in Arizona residents.

### **GENERAL GOAL FOR THESE PLANNING WORKGROUPS:**

To assist with the writing of Arizona's comprehensive state plan, including developing strategies and action steps, to reduce chronic disease and obesity through physical activity and nutrition interventions.

There are eight workgroups including:

- Physical Environment
- Worksite
- Elementary school
- Junior/Senior High school
- *Special Needs*
- Family
- Healthcare
- Community

## **Ground Rules**

Comments Confidential with group

### **Definition of *Special Needs* workgroup:**

For the purpose of these workgroups the special needs group encompasses children with special health care needs due to conditions that include but are not limited to disability, mental illness, blindness, deafness, and even asthma.

Note: There are some federal and state programs to support this population since as nutrition supplements for underweight, however not for overweight.

This workgroup will work on strategies and action steps for physical activity and nutrition that will positively effect this population and the issues related to this population.

### **Vision of the ideal for reducing/preventing obesity in special needs population**

Funding: There will be enough funding to do all of the following:

1. Track and monitor Body Mass Index
2. Educate mainstream teachers and administrators on conditions as well as nutrition and physical activity for special needs children
3. Educate parents on physical activity and nutrition for their child
4. Create preventive measures to protect against obesity
5. Require Mandatory Physical Education in schools to include special needs children
6. Support healthcare reimbursement for nutrition and prevention counseling for parents of special needs children

### **Identified strategies**

1. School Based Clinic Funding and Reimbursement for Nutritional Counseling and prevention education (including encouraging physical activity).
  - Partner with Steps Program, local foundation, etc.
  - Find grants on this area and promote to pertinent agencies
  - Educate public and healthcare industry on the enormity of the cost of obesity
  - Fund a pilot clinic (CDC, ADHS)
2. Partner with the Tsunami Youth Group Peer Teaching Group regarding barriers to Physical Activity; address how to advocate, how to get Physical Activity and Nutrition for themselves.  
(Table this one for Judy Walker participation)
3. Track & Monitor Body Mass Index in Schools
  - Add to yearly measures that are currently done by school nurses
  - Add to EPSDT forms
4. Include physical activity and nutrition in the Individual Education Plan for special needs children
  - Encourage more Team players attend Individual Education Plan (IEP).
  - Find ways to increase knowledge of needs.
  - Partner with Arizona Department of Education to add a mandatory component about nutrition and physical activity on form
  - Educate parents of the choices they have for the IEP meeting as well as nutrition and physical activity opportunities and options

## **Overlaps/Parking lot**

This section is devoted to identifying ideas that were also considered in other workgroups as a primary interest and identifying which groups will focus on them.

Ideas from the Special Needs workgroup that address another workgroup's focus area:

- Idea for School workgroup
  - Mandatory Physical Education – will be handled by schools but special needs can and should address how to involve this population

Ideas from other workgroups that address the Special Needs focus area:

- None identified at this time

## **Parking Lot**

Need to know what currently efforts are being made to educate doctors and about resources for parents, teachers and administrators – effort spearheaded by ADHS –

## **Organizations Need to Include/Invite**

Parents of Special Needs Children

Teachers who work in Special Education

Nurses in schools

O.T.

Private Doctors, Nurses, Nurse Practitioners

D.E.S. / DDD

Child Care Providers

Healthy Child Care AZ (Special Needs Child)

Arizona Early Intervention Program – Carmen Sheets

WIC

Referrals – Beverly Plonski, Judy Walker, Todd Lewis, Karen Kufus